I found the Centre for Addiction and Mental health website (http://www.camh.ca/en/hospital/Pages/home.aspx) in my effort to educate people on the concurrent disorders of the nature of people with mental health and substance abuse problems. There was useful information and I was impressed by the links they had regarding stigma because people have negative attitudes about people who have issues with mental health and substance abuse.

However, when people come in contact with people who have concurrent disorders and their family, hearing testimonials about their struggles and successes did improve the attitudes of the people that heard them.

I have come to believe that the best advocates against stigma are the family members and the people with the illness themselves. Having people come forward and stand their ground and say, yes, I have schizophrenia and yes, I have abused drugs and alcohol is important. That’s the kind of thing that gets people interested. These are real stories from real people having real triumphs in their lives.

As the website states, there are a lot of people that will go to bat for the “cure for cancer” but when it comes to people with mental health and substance use, they’re not all that supportive.

Still, we see strong family members who have pushed forward very hard in the area of anti-stigma and awareness. There are other problems for people with mental health issues like finding places to live. Special burdens are placed on the family when necessary services are not provided. People care for affected family members and raise issues that get ignored. Yet, family members strive even harder for equality, fairness, and justice. In spite of all the negativity, family members still find ways to make things happen and cope, even with stigma.
Overview of Vitamins

Vitamins are organic food substances found only in living things, that is, plants and animals. With few exceptions, the body cannot manufacture or synthesize vitamins. They must be supplied by the diet or in dietary supplements. Vitamins are essential to the normal functioning of our bodies. They are necessary for growth, vitality, health, and for the prevention and cure of many health problems and diseases.

**HOW THEY WORK:** A lot of people think vitamins can replace food, they cannot! In fact, vitamins cannot be assimilated without ingesting food. That is why they should be taken with a meal. Vitamins regulate metabolism, help convert fat and carbohydrates into energy, and assist in forming bone and tissue.

**VITAMIN A (Beta Carotene)** A powerful anti-oxidant which helps protect the cells against cancer by neutralizing "Free Radicals," necessary for new cell growth; guards against heart disease and stroke; lowers cholesterol levels; protects against colds, promotes healthy wrinkle-free skin and promotes healthy hair and nails; protects against air pollutants and counteracts night blindness and weak eye sight and helps prevent macular degeneration of the eyes. **Foods that have it:** Sweet potatoes, carrots, spinach, fortified cereals

**VITAMIN B-1 (Thiamin)** Known as the "Morale Vitamin" because of its beneficial effects on the nervous system and mental attitude. It enhances circulation, assists in blood formation, carbohydrate metabolism and digestion; helps maintain a healthy nervous system; optimizes brain function and mental alertness. **Foods that have it:** Whole-grain, enriched, fortified products; bread; cereals

**VITAMIN B-6 (Pyridoxine)** Can significantly reduce the risk of heart disease by inhibiting the formation of homocysteine, a toxic chemical that attacks the heart muscle and allows the deposition of cholesterol around the heart muscle; aids in maintaining the central nervous system and normal brain function; promotes red blood cell formation; aids the immune system and antibody production; is destroyed in the body by alcoholic beverages. **Foods that have it:** Fortified cereals, fortified soy products, chickpeas, potatoes, organ meats

**VITAMIN B-12 (Cobalamin)** Helps in the formation of red blood cells, thus helping prevent anemia; increases energy levels; promotes a healthy immune system, and nerve function; is required for the proper digestion of foods, the synthesis of protein, and the metabolism of carbohydrates and fats; may protect against smoking-induced cancer. **Foods that have it:** Fish, poultry, meat, dairy products, fortified cereals

**FOLIC ACID** May reduce the risk of a heart attack by lowering homocysteine levels. Promotes healthier looking skin, is considered a brain food; is needed for energy production, and the formation of red blood cells; strengthens the immune system by aiding the proper formation and functioning of white blood cells; important for healthy cell division and replication. **Foods that have it:** Dark, leafy vegetables; enriched and whole grain breads; fortified cereals

**VITAMIN C (Ascorbic Acid)** A major and very potent anti-oxidant; plays a primary role in the formation of collagen, which is important for the growth and repair of body tissue cells, gums, blood vessels, bones and teeth; protects against the harmful effects of pollution; protects against infection, and enhances the immune system; protects against abnormal blood clotting and bruising, aids in the treatment and prevention of the common cold; is vital for wound healing. **Foods that have it:** Red and green peppers, kiwis, oranges and other citrus fruits, strawberries, broccoli, tomatoes

**VITAMIN D** A deficiency plays a key role in the development of type 1 diabetes. Vitamin D is needed for islet cells to produce insulin, the hormone that allows cells to take up blood sugar. Helps regulate white blood cells that make up the immune system; Vitamin D with calcium has shown to reduce osteoporosis and hip fractures; improves the absorption and utilization of calcium and phosphorus; hardens and repairs bones and promotes normal growth in children; supports the healthy function of the thyroid gland; may help prevent colon cancer. **Foods that have it:** Fish liver oils, fatty fish, fortified milk products, fortified cereals

**VITAMIN E** Is a "super" anti-oxidant, which protects cells against damage caused by "free radicals". Is extremely important in the prevention of cancer and cardiovascular disease, Thus far, studies have shown, that Vitamin E protects against approximately eighty diseases. It prevents thick scar formation when applied topically, and accelerates the healing of burns. It reduces blood pressure, aids in preventing cataracts, promotes healthy skin and hair. **Foods that have it:** Fortified cereals, sunflower seeds, almonds, peanut butter, vegetable oils

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810-496-4876  Open Monday - Friday from 8:00 am to 5:00 pm  www.advcr.com

Located on the 1st floor behind the greeter’s desk
Welcome to Rainbow Connection Clubhouse

~ Written by Richard Frock

What is Psychosocial Rehabilitation-Rainbow Connection?
Rainbow Connection is a Clubhouse. A Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and need the support of others who believe that recovery from mental illness is possible for all. Through participation in a Clubhouse people are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, and to access the services and supports they need. Rainbow Connection is also a part of the Michigan Association of Clubhouses.

What is a member? Is membership time limited?
Persons attending a Clubhouse and voluntary participating are called members. There are no limits on length of membership.

What support is available to Rainbow Connection Members?
Members come here to support each other. Our Clubhouse Team consists of 4 Job Performance Coaches (Timesee Dixon, Jodi Mitchell, Tony Rogers and Jerry Wheatley), 2 Psychological Specialist (Jean Rachelle and Sonja Briski), 1 Supervisor (Corey Walker) and two part time Tutors (Brenda Smith and Terrence Dawson). GHS Peer Support Specialist facilitate WRAP at the Clubhouse and provide needed additional support.

What is the Work Ordered Day (WOD)?
Members decide on what opportunities exist and what they participate in. Members work unpaid in the clubhouse side by side with staff. Staff is sufficient to engage members, yet few enough to make carrying out all the WOD tasks impossible without member involvement. We have communications, kitchen, and environmental units.

What kind of vocational assistance do you provide?
We provide support through pre-vocational and vocational support groups, GED prep with part time tutors, computer classes, resume assistance, 3 transitional employment sites, and other available opportunities. Transitional Employment Placements (TEPs) are part-time, time limited, entry level positions for about 6 months. Not all members may meet an employer’s hiring requirements. There are 2 greeter TEP sites and 1 janitorial TEP site outside of the clubhouse.

What kinds of support groups and activities do you offer?
Bipolar/Depression Support Group, Schizophrenics Anonymous, Smoking Cessation, Women’s Empowerment, & other groups exist in the Clubhouse. Every Thursday we have a membership meeting where members can voice concerns or bring ideas for new groups. For socialization members enjoy volleyball, basketball, BINGO, golf, card games, pool, ping pong, community walks, watching movies, visiting other clubhouses, etc. One Saturday a month the clubhouse goes on an outing selected by members.

What is Clubhouse Wellness?
Clubhouse Wellness is about recovery and improving overall awareness and wellbeing. It includes exercise, nutrition & weight loss, smoking cessation, support groups, and other areas that improve each member's wellbeing.

What does someone have to do to get into Rainbow Connection?
If you receive case management services, your case manager can request Clubhouse services. If you qualify, you and your case manager will be scheduled for a tour. If you think you may need this type of service and you are not currently open to services in the GHS network, please call our Access Center at 810-257-3742 and request a screening for services. Any questions about this service or our services in general please call Customer Services at 810-257-3705.

A SPECIAL THANKS TO RAINBOW CONNECTION CLUBHOUSE MEMBERS, THE COMMUNICATION COMMITTEE, CLUBHOUSE PRESIDENT AMANDA KELLEY, TIMESSEE DIXON, JOB COACH AND COREY WALKER, SUPERVISOR.
Community Events
~Prepared by Deborah Duckett

FLINT PUBLIC LIBRARY EVENTS / CLASSES

Flint Public Library
Main Branch
1026 E. Kearsley, Flint, MI 48503 (810) 249-2569.
(Classes are continued monthly but some are not listed for the date and time past the month of March. Please call for any class to make sure you have a

Computers for Beginners
This 2-session class is an easy way to learn the basics, from mouse handling to surfing the Internet! No previous experience required. A new session begins every few weeks. Call to reserve a seat: (810) 249-2569.

Part I:
• Learn about the basic components of a computer and the Windows operating system
• Practice using the mouse.
• Practice opening and closing windows and programs.
  1 PM: March 5, April 16, 2015; 5:30 PM: March 10, April 21, 2015

Part II:
• Go to web sites by typing in addresses, clicking on links, and searching on the Internet.
• Learn to web...
  1 PM: March 12, April 23, 2015; 5:30 PM: April 28, 2015

MoneySmart Finances: Checking Account Basics

MoneySmart Finances: Checking Account Basics (205)
Wednesday, May 6, 2015, 6 – 7pm
Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503
Increase your financial literacy! Representatives from Talmer Bank will be here Wednesday evenings to discuss personal finance topics. No registration required. This week's topic: Checking Account Basics. Introduction to various banking services.

Tuesday's at 12:15 pm Armchair Traveler
Bring your lunch and watch travel films from around the world. Coffee provided.

Microsoft Word for Beginners: Once you've learned the basic skills of using a computer, take this introductory course on Microsoft Word, where you will learn to create, edit, save, and print documents. This is an intermediate class. March 3, 2015 at 5:30 pm

E-Mail:
E-mail has become the most common form of on-line communication. It can be used to communicate with friends, relatives, and businesses. Learn how to sign up for a free web-based Yahoo email account. Never used a computer before? Take Computers for Beginners first.
March 19, 2015 at 1 pm

Internet Skills: Beyond the Basics
Thursday, April 9, 2015, 1 – 3pm
Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503
Take your beginning Internet skills to the next level. In this class you will visit seven web sites with different types of information, and will learn an Internet skill at each site. This is an intermediate class.
Volunteer Income Tax Assistance (B1)
Saturday, March 7 - 28, 2015, 9am – 5pm
REGISTRATION BEGINS AT 9 AM, AND ENDS WHEN THE DAY'S SLOTS ARE FULL
VITA volunteers will provide income tax assistance for families with yearly incomes of $49,000 or less filing 2014 returns.
NOTE: No itemized deductions, business income or capital gains transactions.
**BRING WITH YOU:**
- Proof of Income (W-2, SSI benefits, etc.)
- Proof of Identity (MI Driver's License or State ID)
- Social Security Cards for every family member being claimed.

How to Prevent Identity Theft (Lab)
Tuesday, March 24, 2015, 5:30 – 7:30pm
Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503
Are you concerned you might have downloaded something damaging? This class will teach you how to clean up malware and viruses on your home computer. **Registration is required.**
Class exercises include the following:
- Set browser security levels
- Use Control Panel to personalize computer settings
- Avoid malicious software that damages your computer
- Enable Internet pop-up ads blocker
- Prevent phishing scams > a common method for identify theft

Fiction Only Book Club
March 18, April 15, May 20, 2015 at 12 noon

Chess for Everyone!
Saturday, March 7 & 21, April 18, May 2 & 16, 2015; 3 – 5:30pm

Basic Needs Fair
Saturday, March 28, 2015, 10am – 1pm
Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503
Get help with Basic Needs.

Walk-in Crafts: FCM
Saturday, March 14, 2015, 11am – 1pm
Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503
St. Patrick’s Day Craft.

Greater Flint Arts Council
816 S. Saginaw St.
Flint, MI 48502
2nd Friday of the month Artwalk

**Individual Dates & Times:**
Mar 13, 2015: 6 pm - 9 pm (Fri)
Apr 10, 2015: 6 pm - 9 pm (Fri)
May 8, 2015: 6 pm - 9 pm (Fri)
Jun 12, 2015: 6 pm - 9 pm (Fri)
Jul 10, 2015: 6 pm - 9 pm (Fri)
Aug 14, 2015: 6 pm - 9 pm (Fri)
Sep 11, 2015: 6 pm - 9 pm (Fri)
Oct 9, 2015: 6 pm - 9 pm (Fri)
Nov 13, 2015: 6 pm - 9 pm (Fri)
Dec 11, 2015: 6 pm - 9 pm (Fri)
IMPORTANT: Transportation to the event is provided.
Check-In from 9:00am-10:15am at GHS at 420 W. Fifth Ave. on the day of the event to receive your t-shirt.
The bus will be leaving from GHS promptly at 10:30 a.m.

2015 WALK-A-MILE REGISTRATION AND RELEASE FORM

Please fill out neatly and completely. If you need assistance in completing the form, or you have questions related to the event, please contact GHS Customer Services at (810) 257-3705 TTY (810) 257-1328.
Return completed form to Customer Services, 420 W. Fifth Ave., Flint, MI 48503. Deadline for registration is April 24, 2015 at 5pm.

NAME (Please Print)

____________________________________________________________________________________

Riding the Bus to the Rally? (Circle One): No Yes

Special Needs: ____________________________________________________________

Some information could be disclosed simply by being there. Specific type of information to be disclosed: includes but is not limited to photographs, audiotape, videotape, film, recordings, radio, other media including social media, and written articles (with or without a photo).

Photographs and video taken during the event can be used for print, publications, social media, Annual calendar and television just to name a few.

Please be aware that this authorization will allow the release of said documents up to twelve (12) months after the date of this authorization.

Client Signature Date Witness Signature Date

(Proof of guardianship must be presented or on file.) Date Guardianship Papers were checked:

Guardian Signature Date

Some information could be disclosed simply by being there. Specific type of information to be disclosed: includes but is not limited to photographs, audiotape, videotape, film, recordings, radio, other media including social media, and written articles (with or without a photo).

Photographs and video taken during the event can be used for print, publications, social media, Annual calendar and television just to name a few.

Please be aware that this authorization will allow the release of said documents up to twelve (12) months after the date of this authorization.

This authorization expires in twelve (12) months

This consent may be revoked by me in writing at any time. However, I understand that Genesee Health System may release or be in the process of releasing prior to receiving my written revocation. The Agency may rely on this release.

I understand the purpose for which I have signed this consent and that obtaining services is not contingent upon this consent and or authorization. A copy of this release is as valid as the original release.

I understand that information contained in media coverage will include protected health information and treatment. According to the Michigan Mental Health Code this information is confidential and is protected (Mental Health Code PA 258 and / or Federal Statute 42 CFR Part 2). This information should not be shared, duplicated, or copied unless consistent with the stated purpose on this authorization. Any information that the client, parent of a minor recipient, or legal guardian with authority to consent shares outside of this consent will not be the responsibility of Genesee Health System and/or its contractors.
Greetings. As I write this the temperature is about -10. So I am having a hard time saying anything about Spring! So, I guess I won’t. I hope you all had a nice holiday, and are ready for this weather to be done, so you can get outside. It will take a while, but it will get here.

On a sad note, I think everyone know by now that we had to close our InShape program. This was a very difficult decision, but one we had to make. It is a long and complicated story, but the simple version is it was an expensive program, and we could not figure out how to pay for it.

I think the program did some very worthwhile and good things, and helped a lot of individuals. Even though the program has closed, I am personally committed to providing this type of service for our consumers. I am not sure how we will do this, but we will try to have something similar in the very near future.

I want to thank all of you who participated in the program, and I congratulate you for taking the very important step of taking control of your health. I am sorry this had to happen. I hope you will take the lessons you learned, and continue those on your own, until we can help you.

I hope you all stay warm and healthy, and make it through the winter. I look forward to bringing you good news in the very near future about a new exercise program.

Thank you.

Take care,

Dan Russell
Have Questions? Get the 411 on Who to Contact

Do you want to know more about your rights?
Have questions? You can talk directly to a Rights Advisor by calling (810) 257-3710 or (810) 762-5298 TTY.

If you would like to speak with someone in person, come to the Office of Recipient Rights at 420 W. Fifth Ave. and ask to meet with a Rights Advisor.

Access Center and Substance Abuse Services:
(810) 257-3740
(810) 232-6310 TTY
Crisis Line:
(810) 257-3740
(877) 946-3648

Customer Services:
420 W. Fifth Avenue
First Floor
Open 8 am to 5 pm
Monday - Friday
(810) 257-3705
(810) 257-1346 TTY
Toll Free (866) 211-5455

WHO IS CUSTOMER SERVICES HERE FOR? YOU!!

Customer Services has you covered if:
♦ You are unhappy with your services.
♦ You need help with service choices or changing providers.
♦ You’re looking for great information about the GHS Network.
♦ You want friendly, knowledgeable staff to help with information about places to get assistance.
♦ You’re interested in participating in groups and trainings that are both informative and fun.
♦ You would like to borrow from our resource library which has videos and pamphlets on a wide range of interesting subjects.
♦ You need accurate information provided in a professional, friendly manner.

Customer Services:
♦ Does presentations, distributes information and participates in health fairs in the community.
♦ Does follow-up surveys, evaluations and provides a suggestion box in our lobby— WE CARE ABOUT YOUR OPINIONS!
♦ We will always provide accurate information in a professional and friendly manner.

Are you missing something? Do you think you may have left a personal item behind while at GHS? Check in with our Customer Services department to see if your items was turned into the lost and found.

Genesee Community Health Center
422 West 4th Avenue
Flint, MI 48503
(Across the street from Hurley Medical Center, off the corner of 4th Avenue and Grand Traverse)
(810) 496-5777

Monday - Friday
8 am to 4:30 pm
WEDNESDAYS: 8 am to Noon
Closed daily from 12 pm to 12:30 pm
www.genchc.org
Email: info@genchc.org

Serving all your healthcare needs:
♦ Under one roof
♦ Regardless of your ability to pay
♦ Focused on you and your family
♦ With people who really care

Without YOU, we wouldn’t be here!!

KNOW YOUR OPTIONS!
When to file a Grievance or Appeal:
♦ Denial of Services at Access
♦ Denial of Hospitalization
♦ Medicaid Fair Hearing
♦ Local Grievance process
♦ Local Medicaid/Non-Medicaid appeal
♦ Service Delay

Any of the above apply to you?
Contact Due Process at
(810) 424-6065
or
Stop into Customer Services at 420 W. Fifth Ave. and ask to file an appeal.

NAMI Genesee County
(810) 232-6498
Project Vox
(810) 496-5599

Advanced Care Pharmacy
(810) 496-4876
Toll Free
(877) 496-4876
TTY
(810) 496-4879

Some of our GHS Network Partners

Have Questions? Get the 411 on Who to Contact

GHS CHAT